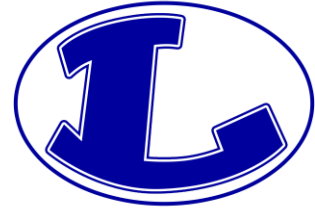


**LAMPASAS INDEPENDENT SCHOOL DISTRICT
SCHOOL HEALTH SERVICES
207 W. 8TH STREET
LAMPASAS, TX 76550**



BE A PAL: PROTECT A LIFE

Several students within LISD have severe food allergies.

WHAT DOES IT MEAN IF A CHILD IS ALLERGIC TO NUTS?

An allergy to tree nuts or peanuts can be life threatening. A food allergy is a medical issue, not a choice. A child with a tree nut allergy can't eat or come into contact with any tree nut/peanut products. If a child with a severe allergy accidentally eats a tree nut or peanut, then they could break out in a rash, develop swelling of the face and airways, or even stop breathing.

In extreme cases and without medical care, a severe food allergy can be deadly.

Examples of tree nuts: almonds; Brazil nuts; cashews; chestnuts; hazelnuts; macadamia nuts; pecans; pine nuts; pistachios; walnuts.

Students can also have a severe allergy to peanuts. Did you know that a peanut is not a tree nut? Peanuts grow under the ground and are a part of the legume family.

WHAT IS A PEANUT/TREE NUT SAFE CAMPUS AND HOW CAN I HELP?

LISD wants to provide a safe place for all students to go to school. We have made the following changes to keep students with a peanut and/or tree nut allergy safe.

- Tell your teacher and the school nurse if you are allergic to peanuts, tree nuts, or any other foods.
- No peanut or tree nut products are served in the cafeteria.
- Everyone should wash their hands with soap and water to remove any peanut/tree nut residue after eating. *Hand sanitizer does not remove residue.*
- Everyone is encouraged to pack peanut/tree nut free snacks and lunches. This includes peanut butter sandwiches, peanut butter crackers, peanuts, almonds, pecans, etc. *If your child brings a nut product to school for lunch or snack, please let your teacher or campus nurse know so a plan can be implemented to keep others safe.*
- Do not share food! Please teach your child not to share food with other students.
- If you are making food for a class party, please check with the teacher for food allergies in the class. The teacher can give you guidelines to help keep students safe.
- Food allergies are serious. Say "no" to teasing and tricks.
- If your friend has an allergic reaction, tell an adult quickly.